

market snacks

Use fresh fruits and vegetables from the Farmers' Market to make snacks for your family.

- **Cherry Tomatoes** - Cut tomatoes into halves.
Serve with low fat dill dip or Ranch salad dressing.
- **Sugar Snap Peas** - Rinse and eat. You can eat the pod and peas of sugar snap peas. If you're unsure what sugar snap peas look like, ask your local farmer.
- **Bowl of Berries** - Rinse the berries that are in season such as strawberries, blueberries, raspberries or blackberries. Fill a small bowl with berries and eat.
- **Apple Sandwiches** - Remove the core from an apple. Cut the apple into slices. Spread a little peanut butter between two apple slices.



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